**Summit for Healthy Children: October 4, 2013**

**Focus on Physical Activity**

**Graduation Matters Missoula Student Wellness Goal:**

Work with students, staff, parents, and community members to identify and implement strategies that will significantly improve the physical and mental health of students.

**Long-term physical activity target of MCPS GMM Student Wellness Subcommittee:**

ALL children are active a minimum of 60 minutes per day, spending no more than 50 minutes during a school day without physical activity.

**Summit for Healthy Children, October 4th, Focus on Physical Activity target:**

Build background knowledge about physical activity possibilities

**Break out session targets:**

* Identify potential barriers to physical activity
* Identify how to add small amounts of physical activity throughout the day
* Identify measurable objectives for next steps, including who, what, when, specific benchmarks, and how we will measure

**Lisa Beczkiewicz – Coordination, Support, and Trouble-Shooting, call for any immediate needs, 406-260-8286**

**Break-Out Session Agenda and Facilitator Guidelines**

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|  | **Breakout Section 1** | **Breakout Section 2** | **Breakout Section 3** | **Breakout Section 4** | **Breakout Section 5** | **Breakout Section 6** |
| **Topic** | **Zero Hour: Active Transportation** | **Zero Hour: Supervised Activity** | **Classroom Instruction** | **Active Recess** | **Access to Physical Activity** | **After School** |
| **Question to ask after welcome and introductions** | Why are kids not active before school? | Why are kids not active before school? | Why are kids not active during classroom instruction time? | Why aren’t ALL kids active during recess? | What are the time and facilities barriers to physical activity in our schools during the school day? | Why are kids not active after school? |
| Facilitator | Laval Means (City of Missoula) | Gretchen Grossmann (Parks & Rec) | Tucker Miller (UM) | Mary McCourt (City-County Health Dept) | Maggie Moffatt (Western Montana Mental Health) | Donna Gaukler (Parks & Rec) |
| Room No. & Location |  |  |  |  |  |  |
| Recorder/  Time Keeper |  |  |  |  |  |  |
| Additional champions/ expert panel members/  folks with expertise | Ben Weiss (Missoula in Motion)  Joe Potter (MCPS)  Bob Mitchell (Beach Transportation) | Chris Stout (Seeley Lake Elementary) | Cathy Fischer (Meadow Hill MS)  Glen Moffatt (Paxson Elem)  Monica Burns (UM)  Tyce Dagel (UM)  Tom Brown (UM) | Cindy Christensen (Russell Elem)  Shanna Nickerson (YMCA) | Steven Gaskill (UM)  Korey Wolferman (CS Porter MS)  Maureen Thomas (Big Sky HS) | Heather Davis Schmidt (MCPS)  Jason Shearer (YMCA)  Burley McWilliams (MCPS) |

Format, timing, and facilitation recommendations for break out sessions:

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| **Time** | **Activity** |
| **INTRO**  10:10-10:15 | Facilitator/panel member/student hand out colored construction paper pieces to participants as they walk in – these will be used to quickly transition participants into small groups.  Facilitator will provide: welcome and introductions |
| **BARRIERS**  10:15-10:20 | Facilitator will ask: why are kids not active before school? (This is for Zero Hour – see question appropriate to your break out section in chart above)   * Individuals “think” first, jot down thoughts on scratch paper – 2 barriers * Gaskill’s student, facilitator, or panel member will record whole group share out on chart paper |
| **BEST PRACTICES**  10:20-10:40 | Facilitator and/or expert panel members will provide background on best-practices in the topic area, including resources and modeling activities.   * Each facilitator will provide a hard copy list at the event (will also email this resource list to Mary McCourt at [mmccourt@co.missoula.mt.us](mailto:mmccourt@co.missoula.mt.us); Mary will send these out as part of a follow up to the event), this list will include:   + Best-practices   + Possible activities   + Resources |
| **BRAINSTORMING**  10:40-11:05 | Facilitator will instruct participants to work in small groups to identify:   * Other possible activities and solutions beyond those provided by the facilitator/panel members * 2-3 ACTIONS you will take to increase physical activity in your school community. * Small groups identify a recorder to chart other activities and solutions on chart paper provided |
| **SOLUTIONS**  11:05-11:10 | SHARE OUT OPTIONS:  Facilitator will instruct participants to do a gallery walk of the other possible activities and solutions beyond those provided by the facilitator(s)  Facilitator will have groups report out to the larger group:   * Report out top 2-3 thoughts to large group * Ask groups not to repeat thoughts of other groups   Gaskill’s student, facilitator, or panel member will record whole group share out on chart paper |
| **KEY TAKE AWAYS**  11:10-11:15 | Facilitator will instruct participants to prioritize ACTIONS/key take aways to increase physical activity to share with **all** summit participants at end of event:   * Participants will each be given 3 colored sticky dots * Participants will put one colored dot on each of the top 3 actions to increase physical activity * Facilitator will provide notes on the 3 actions with the greatest number of dots with Mary McCourt to serve as the summary of the breakout session that Susan Hay Patrick will share in the summit’s closing |
| 11:15-11:20 | DOT Summary and Closure |

**Facilitators need to get summary of key take aways to Susan Hay Patrick for final 30 minute summary as quickly as possible after the break out sessions.**